



Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

NOVEMBER

2016

Office Staff

Dee Park - *Director*

Catherine Bearor - *Services Specialist*

Susan Dornan - *NY Connects,
Point of Entry Coordinator*

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Typist*

Kathleen McLaughlin -
Services Specialist

Tammy Morehouse -
Aging Services Assistant

Rose Ann O'Rourke -
Coordinator of Services

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - *Stauch -
Registered Dietician / Menu*



**Newsletters are now
available online at:**

[www.warrencountyny.gov/ofa/
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

**Or contact Suzanne Scott at
761-6347 to be added to our
email list.**



Thanksgiving

New Director Joins Office for the Aging

Deanna (Dee) joined the Office for the Aging team on September 19, 2016. Prior to this, she worked at Countryside Adult Home in Warrensburg. First as the Case Manager starting in 2005, and has been the Director since 2010. Her career with the aging population began in 2000, working in the different nursing homes in the area. She has truly enjoyed working with the staff and for the residents at these various facilities, and looks forward to continuing to serve the aging population in her new role.

The most rewarding part of Dee's job is spending time with the seniors, hearing about their life experiences, and their desire to be part of a "community." She is always looking for and open to new ways to better the lives of our seniors.





NY Connects

Your Link to Long Term Services and Supports

November is Homeless Awareness Month



Adirondack Vets House

*Co-ed, Handicap accessible
Accommodates 9 Residents
Can stay 12-18 months

Serves Warren, Washington and Northern
Saratoga Counties
793-6545
26 Pine Street, Glens Falls



*Co-ed 35 Residents
581-1097
14 Walworth St, Saratoga



Welcoming Adolescents in Transition

Homeless Youth
24/7 Phone: 798-4384
10-12 Wait St, Glens Falls



North Country Ministry

Adult Living Units
623-2829
Warrensburg

Local Resources

Hamilton County Community Services

Indian Lake 648-5355

Family Service Association

793-0797, 150 Warren Street, Glens Falls

The Salvation Army

792-1960, 37 Broad St, Glens Falls

NY Connects

Choices in Long Term Care
1-866-805-3931

NY Connects provides information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance to plan ahead for long term care needs. How can we help you?

Call Susan @ 1-866-805-3931. For information about services in other counties, the State NY Connects # is 1-800-342-9871.



Public Health
Prevent. Promote. Protect.

**Warren County
Public Health
2016 Seasonal Flu &
Pneumonia Vaccine
Clinic**

Thursday,
November 3rd
Warren County
Municipal Center
Room 5110
4:30-5:30pm

***It is strongly recommended
that ALL persons of any age
receive Flu Vaccine each year!***

We are giving all seniors 65 years and older the High-Dose Flu vaccine, as suggested by the CDC. We are using the quadrivalent Flu vaccine for all others. Cost of Flu is \$30. Pneumonia vaccine will also be available. Prevnar 13 will cost \$220. and Pneumovax will cost \$125. We will accept all insurance cards. Otherwise, we accept cash or check. You will be given a receipt for cash payments that can be submitted to your health insurance. No one is ever refused because of inability to pay.

Medicaid: Managed Long Term Care Plans

Fidelis Care at Home1-800-688-7422

(Serves Warren & Hamilton Counties)

TTY: 1-800-695-8544

Prime Health Choice1-855-777-4630

(Serves Warren County)

TTY: 1-855-777-4613

VNA Homecare Options.....1-855-877-8868

(Serves Warren & Hamilton Counties)

TTY: 711

VNSNY CHOICE.....1-888-867-6555

(Serves Warren County)

TTY: 711

Questions:

New York Medicaid Choice1-800-401-6582

TTY: 1-888-329-1541

518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or melissa@seniorsonthego.org for further travel info.



Storowtown Village Museum

Springfield, MA

Thursday, Nov 3rd

Visit the Storowtown Village Museum (located at the "Big E") consisting of nine 18th and 19th century buildings from VT and NH. Costumed docents will guide our group through the village of restored shops and houses centered around a typical New England town green. They will share stories about the buildings, artifacts and the people who once occupied them. Take part in an activity that is typical of the time period.

Lunch at Storowtown Inn

A New England style hot meal is included at this historic tavern. The menu offers 3 selections of upscale New England & continental cuisine for our group.

On the way home we will visit the Yankee Candle Flagship store for great holiday gift ideas.

Deadline: Friday, Oct 7th • This is a Level 2 Trip
\$77 QSC members \$87 non-members

NY State Museum's 3rd Annual Taste NY Holiday Market

Sunday, Dec 4th



Food Demonstrations; Specialty Food & Beverage Vendors; Living Historians; as well as extensive museum exhibits to explore many areas of New York State.

Dinner at Grandma's Pies & Restaurant followed by Festive Capital District Holiday Lights in the Park

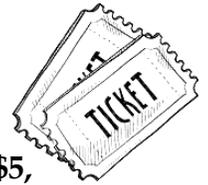
\$62 QSC members

\$72 non-members

QSC Annual Basket Raffle

Beginning Monday, October 24 and running through our popular Theme Basket Gala on Saturday, November 19, you will be able to view over 50 theme baskets and purchase raffle tickets at the Queensbury Center. Take some chances to win a great early Christmas gift or treat yourself!

**Just \$1
per ticket,
10 tickets for \$5,
or best deal 25 for \$10.**



And don't miss the Theme Basket Gala on Saturday, November 19 at 1pm where you will be able to purchase additional tickets in advance of the raffle. Join us in celebrating the season, enjoying a cornucopia of desserts and the excitement of watching and hopefully being a winner! We start pulling winners at 1:15pm. Cost to attend is \$5, stop by Queensbury Center to sign up.



Celebrating over 50 years of Service to our Senior Community

Kim Bren, Executive Director
Dawn Sumner, Senior Program Coordinator

Lauren Tompkins, Senior Service Specialist
Joan Counter, Administrative Assistant

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801

Email: agreaterglensf@nycap.rr.com

Visit our website at <http://www.greaterglensfallsseniorcenter.com> for more information.

No residency requirements. Need not be a member to participate in any of the activities or trips.

New Members Welcome *Some of this month's highlights.*

11/1	Health Insurance Info Meeting - CDPHP	1:00 pm
11/2	Health Insurance Info Meeting - Todays Options	12:30 pm
11/3	RACINO	10:00 am
11/4	FREE Veterans Breakfast @ Great Escape Lodge	9:00 am
11/4	Writers Group	1:00 pm
11/7	Christmas Crafts w/ Allison	1:00 pm
11/7	Book Club	1:00 pm
11/8	"Games that Grandma & Grandpa used to play" Presented by Parks Bentley's Nancy Puritan	1:00 pm
11/9	Defensive Driving	9-4 am
11/10	Pember Museum \$5 per person / Stop 4 Lunch afterwards order off menu	11:00 am
11/11	Sandy Wheeler & Grand Daughter Sammy Jenkins Performance	1:00 pm
11/14	Art Class with Karen \$15 includes everything	12:30 pm
11/14	Wii Bowling Tournament w/ HF Senior Center @ GF Senior Center	1:00 pm
11/15	Ready or Not Luncheon \$7. (UP Yonda Farm) by Paul Olsheski	11-2 pm
11/16	Annual Meeting	1:00 pm
11/17	COFFEE & a COP	1:00 pm
11/18	Center is closed for Christmas Boutique Set Up	1:00 pm
11/19	Christmas Boutique (All Christmas Items)	9 am-2 pm
11/21	Thyroid Health w/ Lisa O'Brian	1:00 pm
11/22	Movie Matinee & Popcorn "Charlie Brown's Thanksgiving"	1:00 pm
11/23	Therapy Dogs with Sondra Erikson	1:00 pm
11/28	Newsletter Mailing (We Need Volunteers to help with this massive mailing)	1:00 pm
11/30	Cornell Cooperative Extension "Adult Nutrition"	1:00 pm

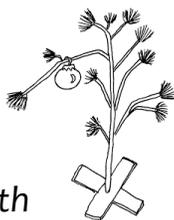
Ongoing Activities at a Glance

Every Monday	Line Dancers @ 10:00 am	10:00 - 11:00 am
Every Tues	Bingo in am /Program in pm - Transportation provided	10:00 - 11:30 am
Every Wed	Scrabble Group / Bridge Game	10:00 am
Every Thursday	Chair Yoga- with Tobey- Sponsored by MVP	10:30 - 11:30 am
Mon-Thurs	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9:00 - 10:00 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6 / Wii bowling 10am / Line Dancers @ 10 am	9:00 & 10:00 am

Plan Ahead for Upcoming Trips:

Charlie Brown's Christmas, December 16th

Jimmy Mazz, Hall of Springs, December 20th



Transportation to center available - 24 hours notice



Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

November is National Diabetes Month

Make it your time to take charge of your type 1 or type 2 diabetes for a longer, healthier life. Preventive care for people with diabetes has improved significantly over the past 20 years, and people are living longer and better with the disease. Good management over a lifetime is the key.

You've Been Diagnosed with Diabetes. Now What?

Learning how to take care of your type 2 diabetes shouldn't happen only when you're diagnosed; it should be a lifelong focus. And as you get older, your treatment may need to change. Managing diabetes from the beginning can mean fewer health problems later on.

It's a balancing act - food, activity, medicine, and blood sugar levels - but one you can master. Manage your diabetes throughout the day by:

- Following a healthy eating plan, including eating more fruits and vegetables and less sugar and salt.
- Getting physically active - 10 to 20 minutes a day is better than only an hour once a week.
- Taking diabetes medicine as prescribed by your doctor.



- Testing your blood sugar regularly to understand and track how food, activity, and medicine affect your blood sugar levels.

Get on a Wellness Schedule

Every day: stay active, eat a healthy diet, and take medication; check feet for redness, swelling, pain, or sores.



Each health care visit (at least 4 times a year): blood pressure check; foot check.

Twice a year: A1C test; dental checkup.

Once a year: cholesterol test; kidney function test; podiatrist (foot doctor) and eye doctor visits; flu shot (and other vaccines as recommended by your doctor).

Pay Attention to Prediabetes - More than a third of American adults have prediabetes, and 9 out of 10 don't know it. With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes.

Take action now - by eating healthier and getting more physical activity - to help prevent prediabetes from becoming type 2 diabetes and reduce the risk of heart attack and stroke.



Roasted Root Vegetables with Cider Glaze

- 1 1/2 lbs parsnips, peeled and chopped
- 1 1/2 lbs medium carrots, peeled and chopped
- 1 1/2 lbs butternut squash, peeled and chopped
- 1 1/2 lbs turnips, peeled and chopped
- 3 Tbsp extra virgin olive oil
- 1 Tbsp chopped fresh thyme
- 1 Tbsp chopped fresh rosemary

- 1 1/2 tsp kosher salt
- 3/4 tsp freshly ground black pepper
- 3 cups apple cider
- 1 cup white vinegar
- 1 Tbsp sugar
- 1 Tbsp chopped fresh flat-leaf parsley, cilantro, or chives

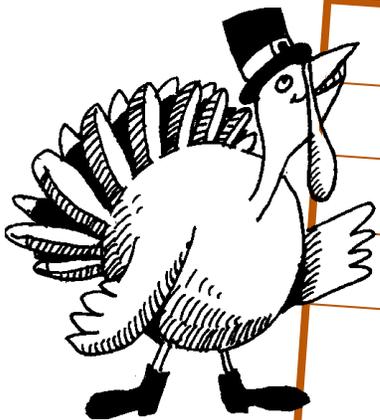
Preheat oven to 425°. Toss together first 5 ingredients in a large bowl. Add thyme and next 3 ingredients; toss. Arrange vegetable mixture in a single layer on 2 lightly greased (with cooking spray) jelly-roll pans.

Bake at 425° 35 to 40 min. or until vegetables are tender/browned, stirring after 20 min.

Meanwhile, bring apple cider and next 2 ingredients to a boil in a medium saucepan over high heat. Boil, stirring occasionally, 30 min. or until reduced to 1/3 cup.

Transfer roasted vegetables to a large bowl, and toss with apple cider mixture. Sprinkle with fresh parsley.

Adopted By: Southern Living



Healthy Thanksgiving Recipe Substitution Tips

Recipe calls for:

Substitution:

1 whole egg	2 egg whites
sour cream	low fat plain yogurt or low fat sour cream
Milk	skim or 1% milk
ice cream	frozen yogurt
heavy cream (not for whipping)	1:1 ratio of flour whisked into non fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)
whipped cream	chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
Cheese	low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
Butter	light butter
cream of mushroom	fat-free cream of mushroom

10 Warning Signs of Alzheimer's Disease

October 17, 2016 4:30 - 6pm

The Basics of Memory Loss and Alzheimer's Disease

October 24, 2016 4:30 - 6pm

Managing Behavior's

November 7, 2016 4:30 - 6pm

Indian Lake Public Library

Pelon Road
Indian Lake, NY

Programs are Free

Please register at 518-648-5444

10 Warning Signs of Alzheimer's Disease

November 3, 2016 4 - 5:30pm

The Basics of Memory Loss and Alzheimer's Disease

November 10, 2016 4 - 5:30pm

Managing Behavior's

November 17, 2016 4 - 5:30pm

The Richards Library

36 Elm Street
Warrensburg, NY

Programs are Free

*Please register at 518-623-3011 or
518-955-8323*



Polly's Alzheimer's Education & Resource Center

at SAIL is a center for the caregivers of individuals with Alzheimer's Disease and memory related disorders to access resources, trainings and support.

Services will include:

- Support in a confidential setting
- Webinar Trainings
- and other materials for caregivers to access

The resource center is coordinated by Lynn Osterberg, SAIL Training Coordinator.

The contact number is 792-3537 and her email address is SAILTrainingCoordinator@gmail.com.



SAIL's Mission Statement: Promoting the Independence, equality, and dignity of people with disabilities.

SAIL Center • 71 Glenwood Ave • Queensbury, NY 12804 • (518) 792-3537

Fax: (518) 792-0979 • TTY/TTD: (518) 792-0505 • Email: sail@sailhelps.org • Website: sailhelps.org

Warren-Hamilton Counties
Office for the Aging
2016-2017 H.E.A.P. Outreach Schedule

WARREN COUNTY

Tuesday, November 15 th	<u>CRONIN HIGH RISE</u> 9:00am-10:00am 43 Ridge St., Glens Falls (Activity Room)
Tuesday, November 15 th	<u>WHITE WATER MANOR</u> 10:00am-11:00am North Creek
Tuesday, November 15 th	<u>CHESTERTOWN MEALSITE</u> 11:30am-12:00pm Chester Municipal Center, 6307 State Rt. 9
Tuesday, November 15 th	<u>VILLAGE GREEN APARTMENTS</u> 11:30-12:30pm 1 S Delaware Ave, Glens Falls
Thursday, November 15 th	<u>HORICON COMMUNITY CENTER</u> 1:30pm-2:00pm 6604 State Rt. 8, Brant Lake
Wednesday, November 16 th	<u>MONTCALM/JOHN BURKE</u> 9:00am-9:30am Community Room, Queensbury
Wednesday, November 16 th	<u>SOLOMON HEIGHTS</u> 10:00am-11:30am 18 Farr Lane East, Queensbury
Thursday, November 17 th	<u>HAGUE TOWN HALL</u> 9:00am-9:30am
Thursday, November 17 th	<u>LAKE GEORGE TOWN HALL</u> 11:00am-11:30am 26 Old Post Road, Lake George
Thursday, November 17 th	<u>WARRENSBURG TOWN HALL</u> 1:00pm-2:00pm 3797 Main St., Warrensburg
Friday, November 18 th	<u>LAKE LUZERNE MEALSITE</u> 9:30am-10:00am Luzerne Senior Center
Friday, November 18 th	<u>THURMAN TOWN HALL</u> 9:30am-10:00am
Friday, November 18 th	<u>STONY CREEK TOWN HALL</u> 10:30am-11:00am
Wednesday, November 23 rd	<u>GLENS FALLS SENIOR CENTER</u> 11:00pm-12:00pm 380 Glen St., Glens Falls

HAMILTON COUNTY

Wednesday, November 16 th	<u>INDIAN LAKE MEALSITE</u> 10:30am-11:00am
Thursday, November 17 th	<u>WELLS MEALSITE</u> 11:30am-12:00pm

Anyone over 60 who needs assistance call the Office for the Aging @518-761-6347.



Office Board Bulletin



Happy Birthday

to our Volunteers celebrating in
November!

- Courtney LaVine1
- Pat Minucci4
- Scott Rager14
- Marie Godsill25
- Cathy Hodgkins25

Meal Site Closed



Friday, November 11th

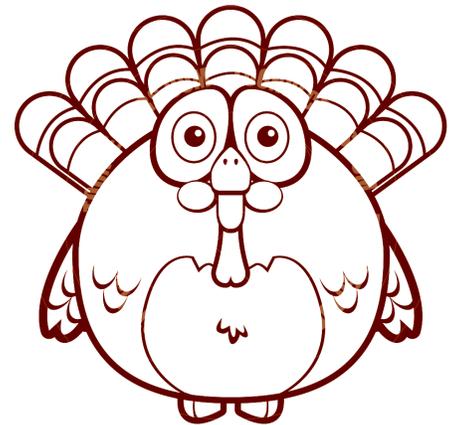


Come Volunteer!

Call the Office for the Aging at 761-6347

Fill Your Time & Your Heart Helping Others

Meal Site Closed



Thursday,
November 24th



Thanksgiving word search

W	H	Y	G	F	D	I	S	P	D	S	N	S	N	V
F	T	T	E	N	H	N	L	A	R	E	T	T	M	O
U	A	A	R	K	I	Y	I	E	I	U	E	Y	U	Y
E	S	L	A	N	M	V	L	K	F	L	T	C	T	A
T	D	E	L	O	O	T	I	F	P	S	S	O	U	G
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U	H	F	S	F	G	I	W	M	E	K	D	P	I	E
I	M	M	G	O	Y	O	R	K	B	W	N	Y	P	B
N	H	X	W	X	L	A	N	G	G	E	J	A	Y	G
D	B	W	S	F	P	D	Q	V	L	N	R	E	H	D
I	V	A	Y	C	O	L	O	N	Y	I	K	A	T	T
A	H	A	R	V	E	S	T	Z	Z	R	P	B	X	U
N	M	H	S	A	U	Q	S	Y	U	D	C	J	A	X
S	X	N	V	P	S	T	L	T	B	S	Y	N	K	H

AUTUMN
COLONY
CORN
FALL
FEAST
HARVEST
INDIANS
MAYFLOWER
NOVEMBER
PIE
PILGRIMS
PLYMOUTH
PUMPKIN
SAIL
SETTLERS
SQUASH
STUFFING
THANKSGIVING
TURKEY
VOYAGE

November 2016

Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RD CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	November 1 Pork Chop Roasted Red Potatoes Carrots Chilled Applesauce	November 2 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Carrot Cake	November 3 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	November 4 Liver & Onions Potato of the Day Peas & Onions Brownie Soup of the Day (congregate sites only)
November 7 Brunch Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola	November 8 Baked Fish Scandia Roasted Red Potatoes Spinach Birthday Cake	November 9 Beef Stroganoff over Noodles Carrots Tropical Fruit Salad	November 10 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	 November 11 Veteran's Day! Meal Site Closed
November 14 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	November 15 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange	November 16  Chef's Choice	November 17 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies	November 18 Stuffed Shells with Meat Sauce Italian Veggies Tossed Salad Garlic Bread Fresh Fruit
November 21 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	November 22 Apple n' Onion Chicken Sweet Potatoes Spinach Pumpkin Bar	November 23 Swedish Meatballs Over Noodles Scandinavian Veggies Chilled Peaches	November 24 Happy Thanksgiving!  Meal Site Closed	November 25 Shepherd's Pie with Mashed Potatoes & Corn Carrots Pudding of the Day
November 28 Sour Cream Chicken Sweet Potatoes Peas & Onions Mandarin Orange	November 29 Beef Pot Pie with Potatoes and Veggies Winter Squash Chilled Peaches	November 30 Roast Pork Loin/Gravy Mashed Potatoes Italian Veggies Strawberry Shortcake	Suggested Contribution Per Meal: \$3	

Meal site numbers: _____

Bolton: 644-2368
Cedars: 832-1705
 cedars@warrencountyny.gov
Chestertown: 494-3119

Johnsburg: 251-2711
Long Lake: 624-5221
Warrensburg: 623- 2653
Lake Pleasant: 548-4941
Indian Lake: 648-5412

Lake Luzerne: 696-2200
First Presb. Church Glens Falls & Solomon Heights, Queensbury: 832-1705
Wells: 924-4066